

# TANITA

Monitoring Your Health

## BF-626W

### Body Fat Monitor / Scale



**GB**

#### **Instruction Manual**

Read this Instruction Manual carefully and keep it for future reference.

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#### **Bedienungsanleitung**

Lesen Sie sich diese Bedienungsanleitung bitte sorgfältig durch und bewahren Sie sie zum späteren Nachschlagen auf.

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#### **Mode d'emploi**

A lire attentivement et à garder en cas de besoin.

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#### **Gebruiksaanwijzing**

Deze handleiding aandachtig lezen en voor naslagdoeleinden bewaren.

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#### **Manuale di Istruzioni**

Leggere attentamente questo manuale di istruzioni e conservarlo per consultazioni future.

**E**

#### **Manual de instrucciones**

Lea detenidamente este manual de instrucciones y guárdelo para futura referencia.



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## INTRODUCTION

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**Note:** Read this Instruction Manual carefully and keep it handy for future reference.

Thank you for selecting a Tanita Body Fat Monitor/Scale. This model uses the BIA (Bioelectrical Impedance Analysis) technique, a state-of-the-art technology for body fat assessment.

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### ▲ Safety Precautions

- **Persons with implanted electronic medical equipment, such as a pacemaker, should not use the Body Fat Monitor feature on this Tanita Body Fat Monitor/Scale. This Body Fat Monitor/Scale passes a low-level electrical signal through the body, which may interfere with the operation of a pacemaker.**
- The Tanita Body Fat Monitor/Scales are intended for home use only. This unit is not intended for professional use in hospitals or other medical facilities; it is not equipped with the quality standards required for heavy usage experienced under professional conditions.
- Do not use this unit on slippery surfaces such as wet floors.

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### Important Notes for Users

This Body fat monitor is intended for adults and children (ages 7-17) with inactive to moderately active lifestyles and adults with athletic body types.

**Tanita defines “athlete” as a person involved in intense physical activity of approximately 10 hours per week and who has a resting heart rate of approximately 60 beats per minute or less. Tanita’s athlete definition includes “lifetime of fitness” individuals who have been fit for years but currently exercise less than 10 hours per week.**

**The body fat monitor function is not intended for pregnant women, professional athletes or bodybuilders.**

Recorded data may be lost if the unit is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data.

Tanita takes no responsibility for any kind of damage or loss caused by these units, or any kind of claim made by a third person.

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**Note:** Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.

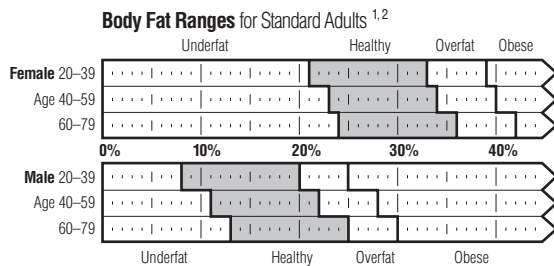


# PRINCIPLES OF ESTIMATING BODY FAT PERCENTAGE

Tanita Body Fat Monitor/Scales allow you to determine your body fat percentage at home as easily as you measure your weight.

## What is Body Fat Percentage?

Body fat percentage is the percentage of fat in your body. Too much body fat has been linked to conditions such as high blood pressure, heart disease, diabetes, cancer, and other disabling conditions.



<sup>1</sup> Based on NIH/WHO BMI Guidelines.

<sup>2</sup> As reported by Gallagher, et al, at NY Obesity Research Center.

To determine the percentage of body fat that is appropriate for your body, consult your physician.

## The BIA Method

Tanita Body Fat Monitor/Scales use the BIA (Bioelectrical Impedance Analysis) technique. In this method, a safe, low-level electrical signal is passed through the body. It is difficult for the signal to flow through fat in the human body, but easy to flow through moisture in the muscle and other body tissues. The difficulty with which a signal flows through a substance is called impedance. So the more resistance, or impedance, the signal encounters, the higher the body fat reading.



Tanita's patented "foot-pad" design sends a safe, low-level electrical signal through the body to determine its composition.

## Body Fat Percentage Fluctuations in a Day

Hydration levels in the body may affect body fat readings. Readings are usually highest in the early waking hours, since the body tends to be dehydrated after a long night's sleep. For the most accurate reading, a person should take a body fat percentage reading at a consistent time of day under consistent conditions.

Besides this basic cycle of fluctuations in the daily body fat readings, variations may be caused by hydration changes in the body due to eating, drinking, menstruation, illness, exercising, and bathing. Daily body fat readings are unique to each person, and depend upon one's lifestyle, job and activities.



## What is Total Body Water Percentage?

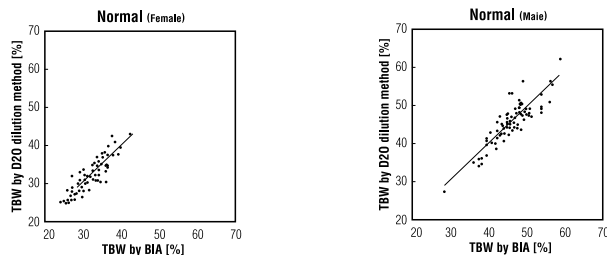
Total Body Water Percentage is the total amount of fluid in a person's body expressed as a percentage of their total weight. Approximately 50–65% of the weight of a healthy person is water. Water plays a vital role in many of the body's processes and is found in every cell, tissue and organ. Maintaining a healthy total body water percentage will ensure the body functions efficiently and will reduce the risk of developing associated health problems.

## How To Measure Total Body Water?

Deuterium Dilution Method is currently used as a typical method to measure a total body water percentage. This instrument estimates the total body percentage by the analysis (Multiple Regression Analysis) based on the parameter found by the BIA method.

A mutuality over 0.8 is obtained between this instrument and the "deuterium dilution method".

**Note:** Deuterium Dilution Method is in terms of total body water based on the analysis of the dilution of orally ingested deuterium oxide in urine.



## Healthy Total Body Water Percentage (%TBW)

The average total body water percentage ranges for a healthy adult are:

Female: 50 to 55%

Male : 60 to 65%

**Note:** The total body water percentage of a person with a high percentage of body fat may fall below the average healthy ranges.

## Daily Rhythm of Total Body Water

Try to measure total body water percentage at the same time of day and under the same conditions. This increases the accuracy of the readings. The best time is in the early evening, before the evening meal, when hydration levels are more stable. Total body water percentage tends to be underestimated to a degree if measured immediately after getting out of bed, not only because of dehydration but also because the fluid in the body will be stored centrally in the body's trunk. As the day progresses this fluid becomes more evenly distributed due to the effect of gravity.

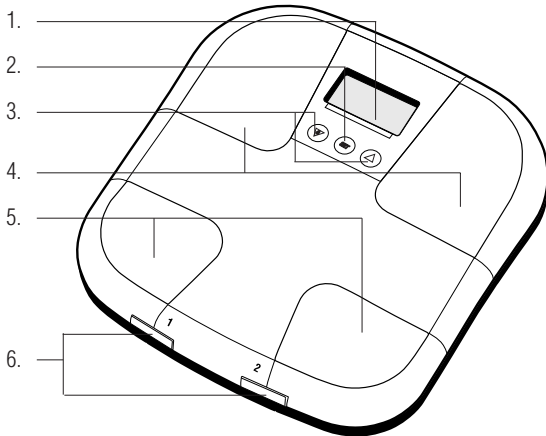
On the contrary, it may be overestimated after exercise or taking a bath because of the movement of body water or a rise in the body temperature despite actual dehydration.

## Important Notes

- Take your measurements at the same time of day and under the same conditions.
- Measured results depend on the movement of water in the body and/or changes in body temperature. Factors affecting total body water levels include sleep, physical activity, eating and drinking, illness and medications, bathing patterns and urination.
- Take fluid immediately if you have any symptoms of dehydration, particularly after physical activity or bathing. Symptoms include a dry mouth, headache, nausea, dizziness, skin dryness, a rise in temperature, loss of concentration, etc. If symptoms persist, consult your doctor immediately.
- Elderly people are at increased risk of dehydration as they have less sensitivity to thirst and other rational symptoms.
- This instrument cannot be used to specifically determine an individual's recommended total body water percentage. Look for the long-term changes in total body water percentage and try to maintain a consistent, healthy total body water percentage.

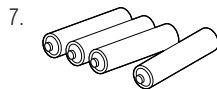


## FEATURES AND FUNCTIONS



### Measuring Platform

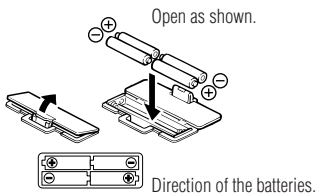
1. Display Screen
2. Set Button
3. Arrow (Select) Buttons
4. Ball-of-Foot Electrodes
5. Heel Electrodes
6. Personal Keys



### Accessories

7. AA-Size Batteries (4)

## PREPARATIONS BEFORE USE



### ⚠ Inserting the Batteries

Open the battery cover on the back of the measuring platform. Insert the supplied AA-batteries as indicated.

**Note:** Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned the fluid may leak and damage floors. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.

Please note that since the batteries were inserted at the factory, their energy levels may have decreased.



### ⚠ Positioning the Monitor

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

**Note:** To avoid possible injury, do not step on the edge of the platform.

### Handling Tips

This monitor is a precision instrument utilizing state-of-the-art technology. To keep the unit in the best condition, follow these instructions carefully:

- Do not attempt to disassemble the measuring platform.
- Store the unit horizontally, and place it so that the buttons will not be pressed accidentally.
- Avoid excessive impact or vibration to the unit.
- Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
- Never submerge in water. Use alcohol to clean the electrodes and glass cleaner (applied to a cloth first) to keep them shiny; avoid soaps.
- Do not step on the platform when wet.
- Do not drop any objects onto the platform.



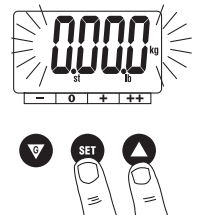
## USEFUL FEATURES

- Tanita Body Fat Monitor/Scales allow you to measure both weight and body fat percentage simultaneously and easily, simply by stepping on a scale.
- Your Body Fat Monitor/Scale can be set for Male or Female, Standard or Athlete Adult, or Children (ages 7-17).
- Personal data (Female/Male, Age, Height, etc.) can be pre-set and stored in memory for up to two people.
- Unique Healthy Range Indicator automatically displays where your body fat percentage falls within the Body Fat Ranges chart (p.2).
- The unit emits a helpful “beep” when activated, and also at various stages in the programming and measuring process. Listen for these sounds which will prompt you to step on the unit, look at your readings, or confirm a setting.

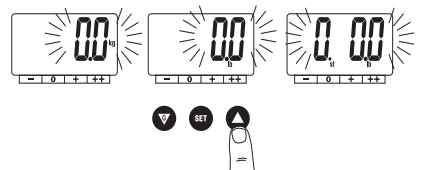
## SWITCHING THE WEIGHT MODE

Your Body Fat Monitor/Scale can measure weight in three different modes: st-lb (British stone-pounds), kg (kilograms), or lb (pounds). If you would like to change that setting, or if at any point another setting has been inadvertently entered, follow these steps:

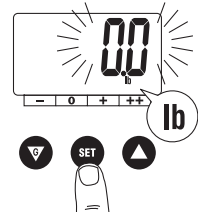
1. Press the Set and Up buttons simultaneously. Release the buttons, the display will flash.



2. Press the Up button to cycle through each weight mode until the mode that you require is displayed.



3. Then press the Set button. The unit will beep twice in short succession, and the display screen will flash to confirm your selection and store it in memory.



**Note:** If weight mode is set to pounds or stone-pounds, the height programming mode will be automatically set to feet and inches. Similarly, if kilograms is selected, height will be automatically set to centimetres.

## AUTOMATIC SHUT-DOWN FUNCTION

The automatic shut-down function shuts off the power automatically in the following cases:

- If you interrupt the measurement process. The power will shut down automatically within 10 to 20 seconds, depending upon the type of operation.
- If an extraordinary weight is applied to the platform.
- If you make a mistake during measurement or a key or button operation.
- During programming, if you do not touch any of the keys or buttons within 60 seconds.
- After you have completed the measuring process.

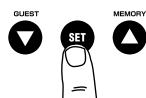
**Note:** If the power shuts off automatically, repeat the steps from “Setting and Storing Data in Memory” (p.5).



# HOW TO DETERMINE BODY FAT PERCENTAGE

## Setting and Storing Data in Memory

The unit can be operated only if data has been programmed into one of the personal data memories or the Guest mode.



### 1. Turn on the Power

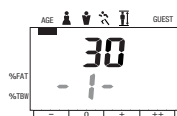
Press the Set button to turn on the unit (once programmed, tapping a Personal Key turns on the unit.) The unit will beep to confirm activation, the Personal Key numbers (1or2) will be displayed, and the display will flash.

**Note:** If you don't operate the unit for sixty seconds after the unit has been turned on, the unit will turn off automatically.



### 2. Select a Personal Key Number

Press the Up/Down buttons to select a Personal Key. Once you reach the Personal Key number you wish to use, press the Set button. The unit will beep once to confirm.



### 3. Set Age

The display defaults to Age 30 (range of user age is between 7-99). An arrow icon appears on the lower left side to indicate Age setting. Use the Up/Down buttons to scroll through numbers. When you reach your age, press the Set button. The unit will beep once to confirm.



### 4. Select Female or Male

Use the Up/Down buttons to scroll through Female (♀) or Male (♂), Female/Athlete and Male/Athlete settings, then press the Set button. The unit will beep once to confirm.

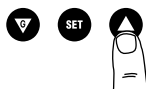


### 5. Specify the Height

The display defaults to 5' 7.0" (170cm) (range of user is from 3' 4.0" – 7' 3.0" or 100cm – 220cm). Use the Up/Down buttons to specify Height and then press the Set button. The unit will beep once to confirm.

The unit will beep twice and the display will flash all data (Male/Female, Age, Height, etc.) three times to confirm the programming. The power will then shut down automatically.

**Note:** If you make a mistake or want to turn the unit off before you have finished programming it, press the Weight-Only Key to force quit.



## GETTING ACCURATE READINGS



Heels centered on electrodes



Toes may overhang measuring platform

**Note:** An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Be sure that your heels are correctly aligned with the electrodes on the measuring platform. Don't worry if your feet appear too large for the unit - accurate readings can still be obtained if your toes overhang the platform. It is best to take readings at the same time of day. Try to wait about three hours after rising, eating, or hard exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.



# TAKING WEIGHT AND BODY FAT READINGS

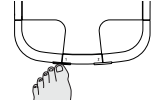
## 1. Select Personal Key and Step On

Using your toe, tap your pre-programmed Personal Key. (Release the key within 3 seconds or the display will show "Error".) The unit will beep and the display will show the programmed date.

**The unit will beep again and the display will show "0.0".**

**Now step onto the platform.**

**Note:** If you step onto the platform before "0.0" appears the display will show "Error" and you will not obtain a reading. Furthermore, if you do not step onto the measuring platform within about 60 seconds after "0.0" appears, the power is shut-off automatically.



## 2. Get Your Readings

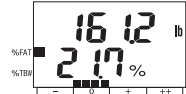
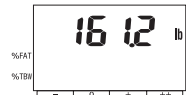
Your weight will be shown first. Continue to stand on the platform.

"00000" will appear on the display and disappear one by one from left to right.

Your body fat percentage(%FAT) and Body Fat Range will appear on the display screen.

**Note: Do not step off until Body Fat % is shown.**

Your total body water percentage(%TBW) will appear on the display screen. The display will then flash your %TBW, weight and %FAT alternately 3 times.



# UNDERSTANDING YOUR READING

## Healthy Range Indicator (Standard Adults only\*)

Your body fat monitor/scale automatically compares your body fat reading to the Healthy Body Fat Range chart.

Following your body fat percentage reading, a black bar will flash along the bottom of the display, identifying where you fall within the Body Fat Ranges for your age and gender. For example, if the squares appear above (0) area your range is within the Healthy Range – if they appear over (-) area, your reading is below the Healthy Range. For more about the Healthy Range, see page 2.

- (-) : Underfat; below the healthy body fat range. Increased risk for health problems.
- (0) : Healthy; within the healthy body fat percentage range for your age/gender.
- (+) : Overfat; above the healthy range. Increased risk for health problems.
- (++) : Obese; high above the healthy body fat range. Greatly increased risk of obesity-related health problems.

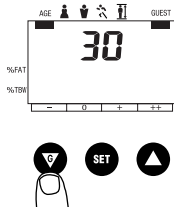


**\*Note:** If you select Athlete mode, the unit will not display the Healthy Range Indicator. Athletes may have a lower body fat range based on their particular sport or activity. (Range of user age is between 20-79)





## PROGRAMMING THE GUEST MODE



The Guest mode allows you to use the monitor without losing the information already assigned to a Personal Key.

To programme the Guest mode, use the Down button marked with a “G” to turn on the power. Then follow steps 3 through 5 in “Setting and Storing Data” (p.6.) The unit will beep twice and the display will show “0.0”. Step onto the platform. Next follow the directions for “Get Your Reading” (p.7).

**Note :** If you step onto the platform before “0.0” appears the display will show “Error” and you will not obtain a reading.

## TROUBLESHOOTING

### If the following problems occur... then...

A wrong weight format appears followed by kg, lb, or st-lb

Refer to “Switching the Weight Mode” on p.5.

“Lo” appears on the display, or all the data appears and immediately disappears.

Batteries are low. When this message appears, be sure to replace the batteries immediately, since weak batteries will affect the accuracy of your measurements. Change all the batteries at the same time with new AA-size batteries.

**Note:** Your settings will not be erased from the memory when you remove the batteries.

The display reads “Error” or “- - - -” appears or the power shuts off while measuring.

Be sure that you have selected the correct user mode (Male/Female, Age, Height). Make sure socks or stockings are removed, and the soles of your feet are clean and properly aligned with the guides on the measuring platform. Consider whether or not you have selected the correct Personal data number and make sure that you wait for “0.0” to appear before stepping on the platform. Step off and repeat steps on p.7.

“OL” appears while measuring.

Reading cannot be obtained if the weight capacity is exceeded.

**Note:** If body fat percentage is more than 75%, readings cannot be obtained from the unit.

The body fat percentage measurement does not appear after the weight is measured.

Vibration will interfere with measurement of the fat percentage. Be sure to stand and still on the measuring platform. Do not bend your knees. Be sure that shoes and socks are removed and check foot alignment. Step off and repeat steps on p.7.